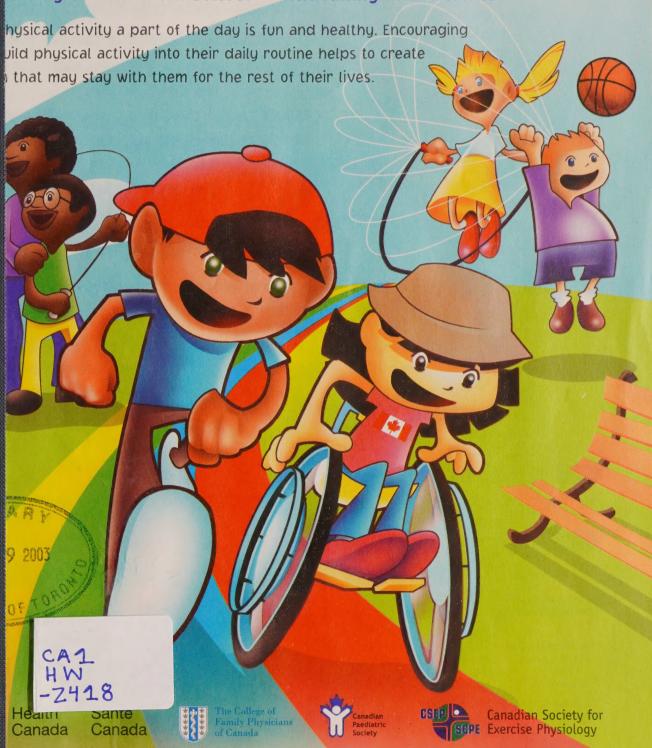


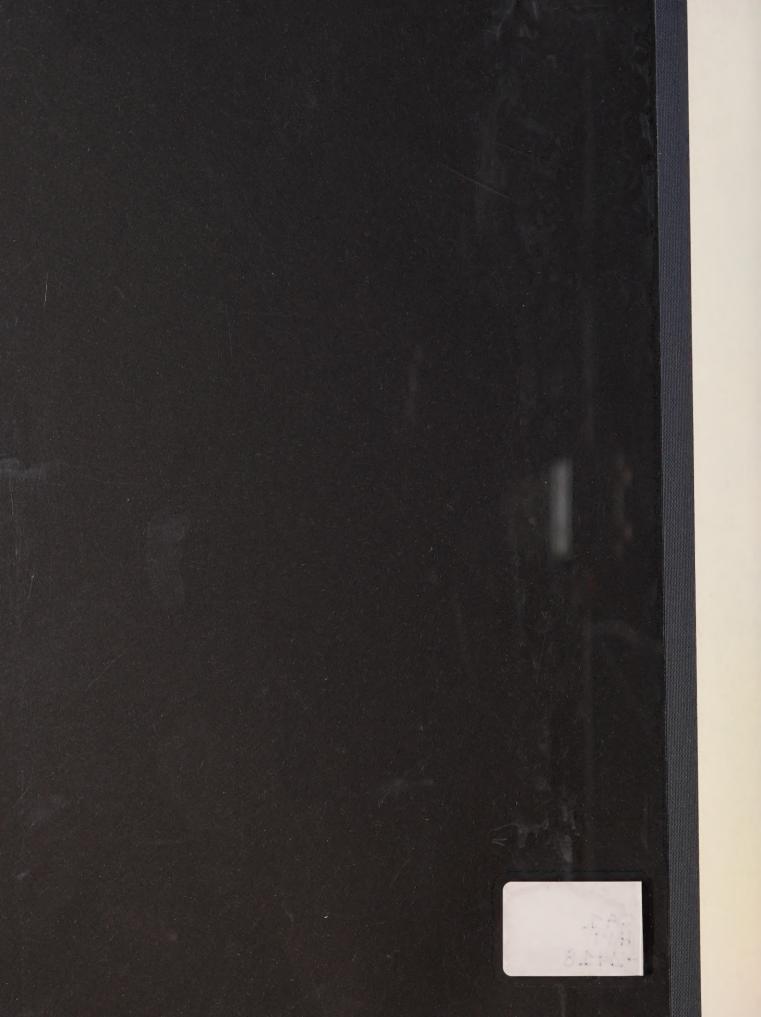
Government Publications

Canada's PHYSical Activity Guide For Children

CAL ACTIVITY IS FUN!

me • At school • At play • Inside or outside e way to and from school • With family and friends







Canada's PHYSical Activity Guide For Children

Government

PHYSICAL ACTIVITY IS FUN!

- At home At school At play Inside or outside
- On the way to and from school With family and friends



CALL TO ACTION

for parents, educators, physicians and community leaders

Canada's Guidelines for Increasing Physical **Activity in Children**

This Guide will help children:

- INCREASE time CURRENTLY spent on physical activity, starting with 30 minutes MORE per day (See CHART BELOW)
- REDUCE "non active" time spent on TV, video, computer games and surfing the Internet, starting with 30 minutes LESS per day (See CHART BELOW)

Build up physical activity throughout the day in periods of at least 5 to 10 minutes

	Daily INCREASE in moderate* physical activity (Minutes)		Daily INCREASE in vigorous** physical activity (Minutes)		Total Daily INCREASE in physical activity (Minutes)	Daily DECREASE in non-active time (Minutes)
Month 1	at least 20	+	10	=	30	30
Month 2	at least 30	+	15	=	45	45
Month 3	at least 40	+	20	=	60	60
Month 4	at least 50	+	25	=	75	75
Month 5	at least 60	+	30	=	90	90

* Moderate physical activity examples

- · brisk walking · swimming
- skating playing outdoors
- bike riding
- ** Vigorous physical activity examples

· running · soccer Congratulations! Daily active time is part of a healthy lifestyle.



Endurance Flexibility Strength

All contribute to a healthy body

Combine 3 types of physical activity for best results:

1. Endurance activities that strengthen the heart and lungs such as running, jumping and swimming.

2. Flexibility activities that encourage children to bend, stretch and reach such as gymnastics and dancing.

3. Strength building activities that build strong muscles and bones such as climbing or swinging across the playground ladder.





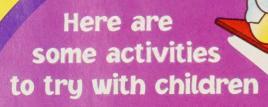
Builds strong bones and strengthens muscles & Maintains flexibility & Achieves a healthy weight & Promotes good posture and balance & Improves fitness

Improves physical self-esteem

⊕ Increases relaxation

© Enhances healthy growth and development





Take stairs instead of elevators

☞ Take a walk after supper – and make thewalk an adventure☞ Play ball or ball hockey

or soccer or go swimming 💮 Ride a bike or scooter

😘 Rake the leaves, shovel snow or carry groceries

together 🕟 Toboggan or ski or build a 'snowman'

• Organize neighborhood games to help kids

© Play sports of any kind © Bring the kids outdoors to play © Work with the

neighbours to create a walking 'school bus'

• Leave the car at home when going on short trips

For more information:

Call 1 888 334-9769 or visit the web-site at www.healthcanada.ca/paguide.
Please use this Guide with additional support resources.

Active bodies need energy.

Follow Canada's Food Guide to Healthy Eating to make wise food choices



www.healthcanada.ca/foodguide

Healthy activity is safe activity



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